

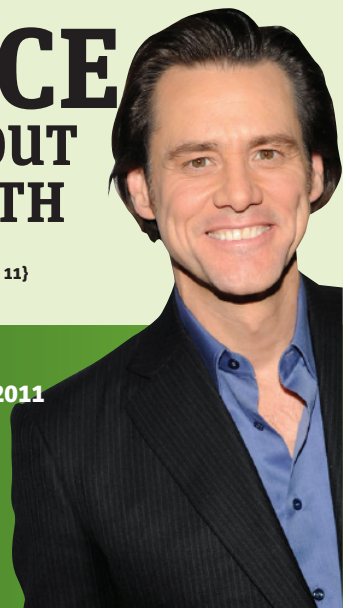


**'IT'S BRUTAL'**  
WEEKEND LEAVES  
HERD IN TAILSPIN  
AGAIN {page 17}

**MELT-IN-YOUR-  
MOUTH GOODNESS**  
TRY A PULLED PORK  
SANDWICH {page 13}



**ROMANCE**  
**CARREY SEEN OUT**  
**AND ABOUT WITH**  
**NEW WOMAN** {page 11}



HALIFAX

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Monday, January 24, 2011  
www.metronews.ca



# 'We are here because we love Canada': PM

► Harper marks five years of rule with patriotic speech to Conservative faithful

Who loves ya, baby?

Stephen Harper, that's who. Harper celebrated his fifth anniversary as prime minister yesterday suggesting no one loves Canada more than his Conservative government.

In a speech to about 600 party faithful in Ottawa, Harper extolled his government's record of achievement, asserting that Canada is more united, stronger,

safer and more prosperous after five years of minority Conservative rule.

But he also spent considerable time musing about patriotism. And though he never directly mentioned any opposition leader or party by name, the message seemed aimed at Michael Ignatieff, the Liberal leader derided by Tories as "just visiting" Canada after working abroad for most of his adult life.

"For Conservatives, (governing) is about public service and public service means sacrifice," Harper said.

"So why do we do it? ... We are here because we love Canada ... Canada is and always has been our country."

By contrast, Harper implied the previous Liberal government was driven by self-interest and a sense of entitlement.

THE CANADIAN PRESS

**Halifax. Common**



► Peter Wuensch pulls his daughter Anna, 6, and her friend Baya Weiss Reid, 5, around the Halifax Common yesterday.

RYAN TAPLIN/METRO

Taking a spin

The trio were waiting for the skating oval to open and decided to go for a spin on the Common, which was like a skating rink itself due to the recent weather.

Local

## Athletes cheered on at pep rally

► About 200 Canada Winter Games participants get boost from fans ► Flag-bearers announced for opening, closing ceremonies {page 4}

## Making a marriage that lasts

Two couples — one freshly wed, the other together 50 years — share their perspectives {page 12}



## Deaths ruled murder-suicide

Man killed neighbour, then himself: Police {page 3}

## Come on, get happy

One writer on her year-long quest for fulfilment {page 10}

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- Lindsay, C.

Since 2009, I have suffered excruciating pain in my left shoulder coming down from my neck reaching to my upper back. My family doctor diagnosed me with pulled muscle and prescribed Naproxin but I had no relief with the medication. I visited chiropractors and acupuncturists, no relief. Then, I saw the CDPC ad. "After 10 treatments, I feel absolutely relieved, 98% of my pain was gone! No medication, no surgery." Thank you CDPC!  
- Linton, S.



When I heard about this new drug free treatment, I decided to try it. I found it very affordable, comfortable and relaxing. "I felt relief by the first visit and by the third, I was 100% pain free." I would recommend this treatment to anyone looking for long lasting relief!  
- Karaikos, J.

I used to take chiropractic treatments, acupuncture and pain pills regularly before and even with those I was in pain. "Since I started decompression, I am 100% better." Now I come in for decompression treatments once a month only and I am back to my old healthy self. I would recommend anyone suffering from chronic pain to take these treatments.  
- Dyckowski, J.



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# Traps to be set after man was attacked

Traps are to be set down today as a coyote that lunged at a man in Spryfield, tearing the sleeve on his jacket, hasn't been found.

Mike Boudreau, human wildlife conflict biologist for the Nova Scotia Department of Natural Resources, said a trapper was in the area where the incident took place yesterday and will be putting down traps today.

Boudreau said warning

signs will be posted wherever the "live-holding" traps are set.

Friday's coyote attack happened on an urban farm on Rockingstone Road.

A man rounded a house and came upon a mature coyote and two young coyotes.

One of the coyotes then lunged at the man, tearing his sleeve.

He wasn't harmed, but the attack is believed to

be the first of its kind for Halifax.

Coyote encounters in Nova Scotia became a hot-button issue in October 2009 when a young Toronto woman, singer Taylor Mitchell, was mauled to death while hiking alone on a popular trail in Cape Breton Highlands National Park.

It was the first recorded fatal coyote attack in Nova Scotia, and only the second ever in North

## Coyote sightings

Mike Boudreau says "some sightings" of coyotes have come in from the Halifax area since Friday's attack, but he wasn't sure of the locations.

America.

The first came in 1981 when a toddler was killed in California.

There have been many recorded coyote encounters across the province since then, but no one had been injured until last August, when a 16-year-old girl was bitten twice on the top of her head as she slept outside at one of the campgrounds inside Cape Breton Highlands National Park.

● PHILIP CROUCHER  
WITH FILES FROM  
THE CANADIAN PRESS

# 1

  
news

On the web at  
metronews.ca

Investors begin  
the week with  
all eyes on  
Canadian  
corporate  
earnings. Video  
at metronews.ca

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# Man took neighbour's life, then his own: Cops

► Second murder in HRM for 2011



JENNIFER  
TAPLIN  
@METRONEWS.CA

Two people are dead in what police are confirming was a murder-suicide.

A family member of Marguerite Maude Kenney, 60, contacted police when Kenney couldn't be located. Police didn't find Kenney in her apartment at 7 Galaxy Ave. in Dartmouth when they checked it at around 5 p.m. on Friday.

"That investigation led us to the other apartment on the same floor, which was (Patrick Lee) McGrath's apartment where both of them were found deceased," said Theresa Rath, spokeswoman for Halifax Regional Police.

Autopsies were completed yesterday and Rath

## Familiar faces

Police say both Patrick Lee McGrath, 58, and Marguerite Maude Kenney were known to them. No other details were given.

said the results helped investigators confirm what they believed happened.

"We have determined it was a murder-suicide that happened either late Thursday night or the early morning hours on Friday in Mr. McGrath's apartment. It's believed he took the life of Ms. Kenney before he took his own."

Investigators seized weapons from the scene, none of which were firearms. Rath said she wouldn't comment on what the weapons were



► A man walks past the apartment building on Galaxy Drive in Dartmouth yesterday where police have ruled the death of two people a murder-suicide.

out of respect for the families.

Investigators cleared

the scene at around 8:30 p.m. on Saturday night.

Rath said there are a few

items they're still "tidying up," but the case is pretty much closed.

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# Rally bleeds a sea of blue

A sea of around 200 blue-clad athletes walked into Halifax's Grand Parade on Saturday afternoon to cheers from their fans during a pep rally for the Canada Winter Games.

As well as introducing the team, the province's two flag bearers were announced.

Ryan Falkenham of Halifax and Whitney Lohnes of Bridgewater were chosen to carry the flag.

Falkenham will hoist the

flag during the opening ceremonies at the Halifax Metro Centre on Feb. 11 and Whitney will wave the flag during the closing ceremonies on Feb. 27.

Falkenham, 15, plays major midget hockey for the Halifax McDonald's, but also plays lacrosse and baseball.

Whitney, 18, won gold at the 2010 judo nationals and bronze at the Junior Pan Am Championships.

About 3,500 athletes,

**"We are extremely proud of our athletes and artists and are excited to watch them shine on home soil in a few weeks."**

**PREMIER DARRELL DEXTER**

artists, coaches and managers from across the country will compete in more than 20 sports when the games get underway in less than three weeks. ● METRO



► Ryan Falkenham

# Politicians to have pensions reviewed

► **'There's a trend out there that it should be done': Speaker** ► **Liberal Leader Stephen McNeil says pay scale should also be reviewed**

An independent panel will review the pension plan offered to members of the Nova Scotia house of assembly, the Speaker of the legislature announced Friday, saying the move was a response to public pressure.

Gordie Gosse said he has yet to draft the panel's terms of reference, but he confirmed it will report to him this spring.

He said the panel will consider the expenses associated with supporting the plan at a time when the NDP government is searching for ways to reduce its budget deficit.

"Over the last few weeks, I've been listening to the public and reading the articles in the news (and) I've spoken to all three house leaders today and let them know I've

**75%**  
**Members of the Nova Scotia legislature earn five per cent of their salary as a pension for every year they work (a five per cent accrual rate) allowing them to collect a maximum of 75 per cent of their salary after 15 years.**

initiated an independent review," he said.

Last September, the Canadian Taxpayers Federation said the plan was too rich, with taxpayers contributing \$22 for every \$1 contributed by members of the legislature.

The province's Finance Department said the actual contribution from taxpayers was \$6.79, not including interest payments. **THE CANADIAN PRESS**



► **NDP back bencher Gordie Gosse, the new Speaker of the Nova Scotia legislature, sits in the Speaker's chair.**

# Urban farm to go on Capital Health site

When the snow clears this spring, a new farm will appear in downtown Halifax.

After public consultations, Capital Health decided it will go ahead with the urban farm idea when Queen Elizabeth high school is demolished.

The 2.5-acre lot will be property of Capital Health

for a future expansion to the hospital. Until plans and funding is established, Capital Health has decided to use the land for a community garden.

There will be a series of planning meetings starting on Wednesday at Hotel Atlantica from 5:30 to 8 p.m. ● METRO

## News in brief



► Jamie Baillie

## Leader makes unity plea

The leader of Nova Scotia's Progressive Conservative party pleaded with party members in Prince Edward Island over the weekend to put aside the differences from last fall's leadership convention and come together to help win the next election.

Jamie Baillie was uncontested for the leadership of his party. He received the nod last

## IT'S A CHILLER

# HRM has to swallow the cold

Here comes the deep freeze.

Winter has taken it pretty easy on HRM until now.

Today's forecast from Environment Canada is calling for cold wind

chills making it feel like -27 C. Last night, with wind chills, it was to feel like -25 C.

There's a 40 per cent chance of flurries today with northwest winds gusting to 50 km/h. The high is set at only -12 C.

But it gets better towards the end of the week with highs again on the positive side. Flurries and rain are expected on Wednesday and Thursday.

● METRO

# Man facing sex assault charges

## Weapons

Police say Allen Estabrooks has been charged with sexual assault, two counts of threatening conduct and nine weapons-related offences.

Halifax Regional Police say a 42-year-old man is to appear in court today in Dartmouth on sex assault and multiple weapons charges.

Police say Allen Estabrooks was arrested early Saturday following an incident in which a shot was fired at a local bar.

They say no one was hurt after a man carrying a shotgun fired a round in Monty's Bar at 245 Waverly Rd. around 2:30 a.m.

The suspect left the scene, but police traced his whereabouts to a nearby

home where they made the arrest.

Investigators say a subsequent search of the home turned up several weapons.

**THE CANADIAN PRESS**

# Police looking for burglar

Police are looking for a man they say robbed Rick's Variety on Lacewood Drive yesterday afternoon.

With his face covered with a scarf, police say the man entered the store, produced an Exacto-style knife and demanded money.

He obtained a small amount of cash and fled on foot. There were no injuries. ● METRO

# A lesson in winter driving

Winter driving not your thing?

Police are inviting the public to attend a Safe Winter Driving Course being offered this Friday at the Prospect Road Community Centre in Hatchet Lake starting at 10:30 a.m.

The three-hour program is designed to help drivers become more confident when tackling winter conditions.

● METRO

# Holy Angels High for sale?

Nova Scotia's opposition Conservatives are calling on the NDP government to explain what's happening with Cape Breton's Holy Angels High School.

The Tories say a for-sale sign has been posted outside the building in Sydney.

The school is the only public all-girls high school in Atlantic Canada. **THE CANADIAN PRESS**

August.

During an address to P.E.I. Conservatives during the party's annual meeting in Charlottetown on Saturday, Baillie said it doesn't matter how many candidates there were in the leadership convention.

None of the four leadership contenders who challenged Olive Crane for the leadership of the PC Party of P.E.I. last fall were at Saturday's meeting, which was attended by about 135 party faithful. **CHARLOTTETOWN GUARDIAN**





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o6

metronews.ca  
MONDAY, JANUARY 24, 2011

## Volcanoes, coal likely caused mass extinction: Study

► Calgary researchers may have found 'smoking gun' that explains Earth's greatest environmental disaster

University researchers are suggesting that massive volcanic eruptions led to Earth's first environmental disaster — 190 million years before the demise of the dinosaur.

Up to 95 per cent of all marine species and 70 per cent of land vertebrates became extinct during this Permian-Triassic period. The Great Dying also caused the only known mass extinction of insects.

A University of Calgary team that worked in Canada's High Arctic believes it found evidence that volcanoes in Siberia burned through coal, which in turn produced ash clouds that damaged global oceans.

"We found layers of coal ash ... providing the first direct evidence that there was a significant coal combustion going on at the time of extinction," said Steve Grasby from the university's depart-

### Volcano effect

- Geological events as recent as last spring have given the world a taste of the disruption volcanoes can trigger.
- Large eruptions can cause global atmospheric effects, such as how the Icelandic volcano shut down air travel, said Grasby.
- But during the Permian-Triassic period, the volcanic eruptions were some of the largest in Earth's history.

ment of geoscience. Grasby is also a research scientist at Natural Resources Canada.

It's widely believed that dinosaurs met their end 65 million years ago when a meteorite hit the Earth, but the reason for the Permian extinction had been less clear.

"This could literally be

the smoking gun," said Grasby.

The impact of the volcanic eruption was so severe that it eliminated all "higher life" over a period of 200,000 years, he said. It would take another five million years for those life forms to reappear.

The volcanoes covered an area just less than the size of Europe. The ash plumes drifted to regions now in Canada's Arctic where the researchers found the coal-ash layers.

"We saw layers with abundant organic matter ... exactly like that produced by modern coal-burning power plants," said Benoit Beauchamp, also with the university's geoscience department.

Grasby said the Earth at the time was similar to the planet we know today. Environments ranged from desert to lush forests. **THE CANADIAN PRESS**

## Life worse after five years of Harper?

Michael Ignatieff wants Canadians to ask themselves if they're better off after five years of Stephen Harper.

At the heart of Ignatieff's attempt to frame the deciding issue for the next federal election is the statement that "Canadians' standard of living has fallen 1.3 per cent since the Harper government came to power."

But the answer — despite Liberal assertions that Canadians are worse off now — is far from clear-cut, analysts say.

**THE CANADIAN PRESS**

# 1.9%

The Ottawa-based Centre for the Study of Living Standards estimates the standard of living rose 1.9 per cent in 2010, offsetting the sharp decline of 2009.



► The NASA space poster Expedition 26 features a knock-off of the Beatles' Abbey Road album cover.

## IN SEARCH OF NASA'S NEXT ABBEY ROAD

Imagine an official NASA space poster with a group of astronauts decked out in Canadian and Russian hockey uniforms.

That's one of the suggestions Canadian astronaut Chris Hadfield has received so far from his followers on the Internet.

For the past few weeks, Hadfield has been using Twitter and Facebook to get ideas for a poster for Expedition 35 — his upcoming long-duration mission to the International Space Station.

Hadfield will become the first Canadian commander to take charge of the space station during his six-month stay, which begins late next year.

The 51-year-old space veteran promises his poster won't be a boring one showing astronauts just standing around in their space suits and helmets in their hands.

The most recent eye-catching placard is of the crew of Expedition 26, who are currently on board the giant orbiting space laboratory.

**THE CANADIAN PRESS**



# Chinese stealth fighter using U.S. technology?

► China rolled out plane before U.S. defence secretary's visit ► Shows growing might of country's forces: Analysts

Chinese officials recently unveiled a new, high-tech stealth fighter that could pose a significant threat to American air superiority — and some of its technology, it turns out, may well have come from the U.S. itself.

Balkan military officials and other experts have told The Associated Press that in all probability the Chinese gleaned some of their technological know-how from an American F-117 Nighthawk that was shot down over Serbia in 1999.

Nighthawks were the world's first stealth fighters, planes that were hard

for radar to detect. But on March 27, 1999, during NATO's aerial bombing of Serbia in the Kosovo War, a Serbian anti-aircraft missile shot one of the Nighthawks down.

It was the first time one of the much-touted "invisible" fighters had ever been hit. The Pentagon believed a combination of clever tactics and sheer luck had allowed a Soviet-built SA-3 missile to bring down the jet.

The wreckage was strewn over a wide area of flat farmlands, and civilians collected the parts —

## Competition

► China's multi-role stealth fighter — known as the Chengdu J-20 — made its inaugural flight on Jan. 11. Although it's at least eight or nine years from entering air force inventory, it could become a rival to America's top-of-the-line F-22 Raptor, the successor to the Nighthawk and the only stealth fighter currently in service.

some the size of small cars — as souvenirs.

THE ASSOCIATED PRESS

## Hairy. Situation



► Two women wearing beards to promote the "Grow a Beard for Belgium" campaign protest in Brussels yesterday. The campaign calls for Belgian men to grow their beards until Belgium forms a government.

YVES LOGGHE/THE ASSOCIATED PRESS

## Belgians rally against deadlock

Tens of thousands of protesters marched through Brussels yesterday to promote solidarity among the country's Flemish and Walloon communities and to demand that the rival political groupings finally form a coalition after seven months without a government. The demonstration was called by a group of university students in a Facebook campaign who say they're fed up with the political deadlock.

## Man shoots officers in precinct

A gunman opened fire inside a Detroit police precinct yesterday, wounding four officers before he was shot and killed by police, authorities said, adding none of the officers appeared to have life-threatening injuries. THE ASSOCIATED PRESS

## Lottery winner to split cash?

Holly Lahti, the single mother who won a \$190 million Mega Millions jackpot, may be forced to share her winnings with a man she is separated from who had abused her, according to court records. THE ASSOCIATED PRESS

## Execution drug to go out of stock

Hospira Inc., the only U.S. manufacturer of Sodium thiopental, a lethal injection drug, is discontinuing production after Italian authorities wanted a guarantee that it wouldn't be used to put inmates to death. THE ASSOCIATED PRESS

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► Google CEO Eric Schmidt, centre, and co-founders Sergei Brin, left, and Larry Page in July 2010.

# Google tries to be hip

- Company makes most of its money from ads triggered by search requests
- Google still hasn't developed social networking tool to counter Facebook

Google is richer than ever, but it's not as cool as it once was. Facebook boasts 500 million members who share 30 billion links, notes and photos each month — data that Google's search engine

can't completely index.

It's so influential that 26-year-old founder Mark Zuckerberg was just named Time's person of the year, and a movie about the company's early

days is a contender for best picture at the Oscars.

Twitter, Groupon and Foursquare, all hard-charging and potentially game-changing services, are additional thorns in

Google's side, raising worries that the online search leader may be losing the competitive edge that turned it into the Internet's most powerful company.

THE ASSOCIATED PRESS

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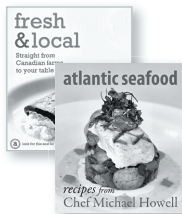
Enjoy **Seasonal Local Ingredients** this season with one of our new **Winter Recipes**. Find recipes at participating retailers and farm markets or at: [SelectNovaScotia.ca](http://SelectNovaScotia.ca)



### TASTE

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## Eye on major earnings report

Economic data and corporate profits will guide investors this week as Canadian companies begin reporting fourth-quarter earnings in earnest and the market sees the latest take on U.S. economic growth.

Earnings from the two major railroads — Canadian National Railways and Canadian Pacific Railway — are expected Wednesday and fertilizer giant Potash Corp. of Saskatchewan Thursday.

Amid growing demand for fertilizer, PotashCorp shares have surged from a low of just less than \$90 last July, a couple of weeks before BHP Billiton made its unsuccessful bid for the company, to a high of

about \$172 early last week.

"At \$170, it's trading above the highest it traded during the whole BHP Billiton takeover attempt," said Colin Cieszynski, market analyst at CMC Markets Canada.

"That's the biggest thing you have to watch out for now is fear of disappointment."

But Cieszynski thinks the near-term prospects for PotashCorp are positive.

"The fallout we'll see from the droughts in Europe last year and the floods in Australia is poor crops or wiped-out crops and because of this we would expect to see a lot of planting," he said.

THE CANADIAN PRESS

**\$600B** The feds announced plans in November to buy \$600 billion of long-term government bonds by mid-2011 in an attempt to boost lending.

## Market moment

TSX	Dollar
- 72.75 (13,258.57)	+ 0.17¢ (100.46¢ US)
Oil	Natural gas 1,000 cu ft
- \$0.48 US (\$89.11 US)	\$4.743 (+ 5.1¢) Gold contracts \$1,341 (- \$5.50)

## Burning tires idea goes up in flames

A contentious proposal to burn used tires for fuel in western Newfoundland went up in smoke Friday as a pulp and paper mill withdrew its application for the pilot project.

The provincial Environment Department issued a statement saying Corner Brook Pulp and Paper Ltd. had backed out of a proposed test burn.

The mill had wanted to burn the province's stockpile of used tires as an alternative energy source, but it was awaiting government approval before moving forward with a trial.

The plan was met with opposition from residents who said they were worried about the potential risks associated with burning tires.

THE CANADIAN PRESS

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# SENATOR RAINED DOWN ON NEWSPAPERS

## Urban Compass

### STEPHEN KIMBER



Senator Keith Davey died last week at 84.

**D**avey was a Liberal backroom wizard, famous for wresting electoral triumph from the jaws of political ignominy.

In 1963, he helped a seemingly unelectable Lester Pearson become prime minister.

In 1974, he helped transform Pierre Trudeau's then-floundering minority government into a renewed majority.

Most famously, in 1979, he helped engineer the stunning defeat of Joe Clarke's newly elected Tory minority government and then convinced a despondent Trudeau — who had already announced his retirement from politics — to run one last time. He won.

But Davey's lengthy curriculum vitae also included heading up a seminal 1969 senate committee on the sorry state of Canada's newspapers.

Its final report was scathing, particularly about Halifax's Chronicle-Herald.

"There is probably no large Canadian city that is so badly served by its newspapers," the report thundered, "(and) probably no news organization in the country that has managed to achieve such an intimate and uncritical relationship with the local power structure, or has grown so indifferent to the

needs of its readers."

At the time, the Herald reacted with predictable outrage and vitriol, inadvertently confirming much of Davey's criticism.

**"But (Senator Keith) Davey's lengthy curriculum vitae also included heading up a seminal 1969 senate committee on the sorry state of Canada's newspapers."**

So I was curious to see how today's Herald — an unquestionably much better newspaper — would handle Davey's obituary.

Its 246-word, wire service story — Liberal "Rainmaker" Davey Dies — focused almost exclusively on Davey's role as

a political strategist. There was not one word about the senate committee or its stinging rebuke

of the Herald.

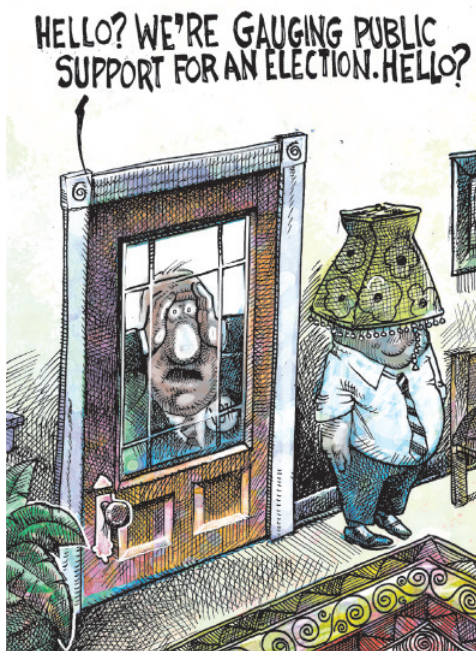
Still curious, I tracked down the original obituary from which the Herald version had been carved. It was 594 words, more than twice as long, and included best-edited-out boilerplate tributes from Prime Minister Stephen Harper and Liberal Leader Michael Ignatieff.

But the story also included three paragraphs about Davey's senate committee report. The CP story didn't mention the Herald directly, of course, and it's possible that the editor who sliced and diced the CP story was too young to recall the paper's long ago connection to Davey.

Still, it's a shame the Herald didn't take advantage of the occasion to recall its own, unhappy link to Davey — if only to show how much better a newspaper it has become. Pity.

## Cartoon

MICHAEL DE ADDER  
After  
metro



# A look inside polygamy

## Worth mentioning

The women of a secretive polygamous sect in south-eastern British Columbia have been cast as slaves, shackled by their religion in a world of abuse.

But several women from Bountiful, B.C., will tell a different story when they testify in a Vancouver courtroom this week, insisting polygamy has been a positive force in their lives and asking that the law against multiple marriage be thrown out.

A B.C. Supreme Court judge examining the constitutionality of Canada's anti-polygamy law has spent nearly two months hearing experts debate

## Bountiful



about the alleged harms of polygamy.

Several women and men who left polygamous communities have also recounted what they described as physical and emotional abuse.

But this week's testimony will offer a rare glimpse inside Bountiful, a highly secretive community that resists outside

scrutiny.

The British Columbia and federal governments are holding up the community as an example of why polygamy should remain illegal, but the women are expected to say the law — and not their marriages — is harming them and their families.

THE CANADIAN PRESS

**What's your favourite video game? Why?**

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## Metro Minute at Blithe Spirit

Blithe Spirit will be on stage for the next three weeks at Neptune Theatre, a comedic play meant to playfully mock the traditions of love, marriage and the concept of death.

The play by British playwright Noël Coward tells the story of novelist Charles Condomine, who conducts a seance to gather information for his next

book, but has no idea the scheme will backfire.

Instead, he gets a visit from his first wife Elvira, who died seven years ago. She begins to wreak havoc on the house since only Charles — now remarried — can see her.

Go online to neptunetheatre.com for tickets and showtimes.

● METRO



► Blithe Spirit will be on stage at the Neptune Theatre for the next three weeks.



2  
scene

## Scene in brief



Oprah Winfrey has staged many a family reunion on her talk show. But on today's episode, she promises, the drama will be about her. Winfrey told viewers Thursday that she will have a reunion of her own on the show. She wouldn't say with whom — only that it involves something she's learned about recently and is known to only a few people.

THE ASSOCIATED PRESS



Heirs of reggae icon Bob Marley win legal fight over use of his image in Nevada

## GO ON, GET HAPPY



▶ Gretchen Rubin

◀ With The Happiness Project, Gretchen Rubin has started a revolution. ▶ She wanted to be happier, so she devoted a year to testing strategies from sources as varied as Oprah and Plato. ▶ Here, she digests the best tips.

A few years ago, Gretchen Rubin, a lawyer-turned-writer in New York, was happy but thought she could be happier. Life was passing.

So the mother of two started a Happiness Project, reading self-help books (from Oprah to Thoreau) and crafting a year-long syllabus full of resolutions. She would clean her closets. She would be kinder to her

husband.

She would start a children's lit club. She would get happy, dammit.

The result was success — and a runaway international bestseller.

Metro asked Rubin to walk through what she learned month-by-month.

"Jump in right where you are," she says. "There's no need to catch up. Start right now."

STEVE ABILENE/METRO WORLD NEWS

## JANUARY

**THE THEME:** Boost Energy, Vitality

**THE TAKEAWAY:** "The key thing here is that outer order contributes to inner calm. Consider clutter and organizing. It matters. A messy closet doesn't matter but it does. You get a disproportionate boost from it. You can self-medicate through cleaning closets."

## FEBRUARY

**THE THEME:** Remember Love, Marriage

**THE TAKEAWAY:** "It's very tempting to think how happy you would be if other people behaved properly. But you can only change yourself. People ask me, 'Did your husband change?' but if you change the relationship changes."

## MARCH

**THE THEME:** Aim Higher, Work

**THE TAKEAWAY:** "For me, I started my blog. I one hundred per cent thought that novelty and challenge would not make me happier. I thought mastery and familiarity were the keys and I expected to abandon it. But I love it. The idea is to do something novel."

## APRIL

**THE THEME:** Lighten Up, Parenthood

**THE TAKEAWAY:** "I decided that if I acted the way I wanted to feel, I would feel more that way—so if I acted calm and lighthearted, I would be that, and my kids would be the same. Remember: 'The days are long but the years are short.'"

## MAY

**THE THEME:** Be serious about play, Leisure

**THE TAKEAWAY:** "If you want to have fun, you have to schedule it like a dentist appointment. It can't always be spontaneous. It seems paradoxical to schedule your spontaneous time but that's the reality. If you never find time, you won't!"

## JUNE

**THE THEME:** Make Time for Friends, Friendship

**THE TAKEAWAY:** "Facebook, Twitter, I'm a big believer in the power of technology. I agree that nothing can replace face-to-face contact. ... Things like Facebook and e-mail have increased the people I can keep loose ties with. They add a lot to my life."

## JULY

**THE THEME:** Buy Some Happiness, Money

**THE TAKEAWAY:** "I emphasize the role that money can play in a happy life. Used wisely, money can contribute very mightily. And the question for time and money are the same. Think about money in a way that contributes to happiness?"

## AUGUST

**THE THEME:** Contemplate the Heavens, Eternity

**THE TAKEAWAY:** "Ugh, I tried to keep a gratitude notebook. I abandoned that. But imitating spiritual masters is a really good thing to try. Figure out who your spiritual master is. Then figure out how to apply the teachings in your own life."

## SEPTEMBER

**THE THEME:** Pursue a Passion, Books

**THE TAKEAWAY:** "When I was writing, several people said, 'No one likes to read like you do, make it broad.' And I said, 'I need to write about me and it's so much about books and reading.' I find people totally get it even if their thing is cooking or music or nature."

## OCTOBER

**THE THEME:** Pay Attention, Mindfulness

**THE TAKEAWAY:** "I failed here. Like, food diary: can't do it. I simply cannot make myself do it. I'm going to try again. I've tried twice and I always end up abandoning it. Maybe I'll abandon it with pride. There's got to be another way to be aware of what you eat."

## NOVEMBER

**THE THEME:** Keep a Contented Heart, Attitude

**THE TAKEAWAY:** "I just love that Samuel Pepys quote: '...if I have a heart to be contented.' One of my new revelations is that—it sounds obvious but—happy people make people happy but you can't make someone be happy."

## DECEMBER

**THE THEME:** Perfect Happiness

**THE TAKEAWAY:** "The book came out a little more than a year ago and I'm still doing almost all the resolutions plus many more, and I still write the blog and I'm still deep in to happiness. My children's lit groups and the blogs ... that's just two things right there."

## Join the project online



Gretchen Rubin continues her project online at [happinessproject.com](http://happinessproject.com) and invites you to join at [happinessproject-toolbox.com](http://happinessproject-toolbox.com).

## Gretchen on TV

The Happiness Project is currently being turned into an NBC TV comedy starring Kristen Davis of Sex and the City. "It's not a done deal yet," says Rubin. "They're working away."

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# Carrey finds love again?

► Canadian actor reportedly getting close to former Top Model contestant

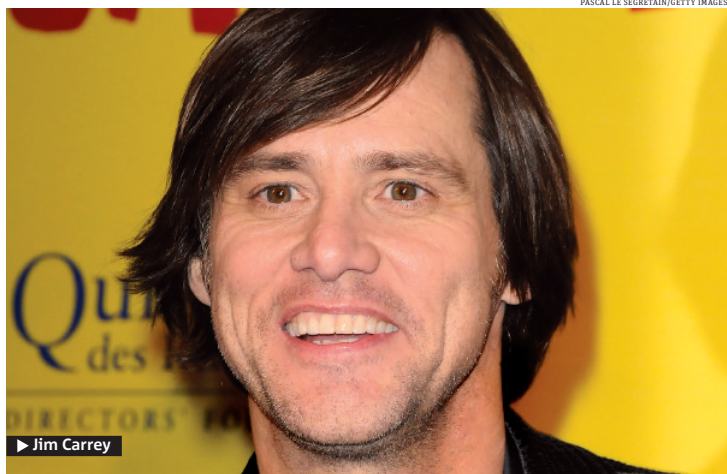
Jim Carrey is reportedly spending quality time with 24-year-old model Anchal Joseph, who was a contestant on America's Next Top Model in 2006, according to Radar Online.

The two stepped out together recently, checking out Laura Linney's latest play, Time Stands Still, in New York.

"Carrey's assistant called the theatre to ensure security would be top-notch and no one was to approach him for pictures," a source says.

"They were very romantic and there was lots of hand-holding."

● METRO



PASCAL LE SEGRETAIR/GETTY IMAGES

► Jim Carrey

## Regis retiring out of anger, says TMZ

Regis Philbin's announcement that he's retiring from daytime TV caught a lot of people off-guard, and it turns out the talk-show host may have made the decision out of anger, according to TMZ.

Sources tell the website that Philbin went ballistic after being told by executives that when his Live with Regis and Kelly contract expired, his salary would be greatly

reduced because of the show's lagging ratings and Philbin's extensive vacation time. Philbin reportedly earns \$18 million US to \$20 million a year.

● METRO



## Lohan saga continues

The fallout from Lindsay Lohan's alleged scuffle with a rehab worker last month isn't going away, as word has leaked that the other woman, Dawn Holland, reportedly accepted

a \$25,000 US bribe to keep quiet about the incident, according to TMZ.

Lindsay's dad, Michael Lohan, isn't denying the story.

● METRO



► Jesse James and Kat Von D

## Why wait? James, Von D set to marry

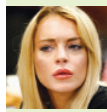
Though they just announced their engagement, Jesse James and Hollywood Ink star Kat Von D are reportedly set to tie the knot next month, according to Radar Online.

"Jesse and Kat don't see

any reason why they should wait to trade vows," a source says. "They are madly in love with each other and want to make everything official."

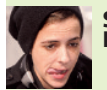
● METRO

### Celebrity tweets



**Lindsay Lohan**  
[@lindsaylohan] Can't wait for

@KimKardashian and @KourtneyKardash Take NYC! My home town! Love you girls! xoxo



**Samantha Ronson**

[@samantharonson] Is it just me or does "every time a bell rings, an angel gets his wings" seem incredibly morbid?



**MC Hammer**  
[@MCHammer] Going to sleep

now... Have to think about Oprah ... and Pam Grier !!!

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3  
life

## Pet Car Control



Experts say having an unrestrained dog in the car can be deadly.

Tens of thousands of car accidents are believed to be caused every year by unrestrained pets, though no one has solid numbers.

The issue is drawing attention. Hawaii is the only state that specifically forbids drivers from operating a vehicle with a pet on their lap. But Oregon lawmakers are considering fining drivers who hold their pets behind the wheel.

THE ASSOCIATED PRESS



KATE  
LOWENSTEIN  
LIFE@METRONWS.CA  
METRO WORLD NEWS

In The Happiness Project, when Gretchen Rubin solicited advice for her month dedicated to marriage, one of her friends offered that her grandparents, married 70 years, said the secret to a happy marriage is to enjoy an indoor game and an outdoor game together.

To get another perspective, we asked two couples — one married 50 years, one just married.

#### Love at first sight for all of you?

Hank: I don't know if it was love at first sight, but it was attraction at first sight. It was at a fraternity party in college. We picked each other out.

Dale: We were out with mutual friends. And as a traditional southern girl, Sissi wouldn't give me her number.

#### What led to the decision to marry?

Harriet: What were we thinking? I don't know what we were thinking. We met on May 20, 1960, and were married June 11, 1961. There was no drawn out ... thing. If you wanted to be with someone, you got married. It was the mindset of that time.

#### Did you have certain expectations of what your marriage would be like?

Hank: Our aspirations were very traditional. We wanted to have a family and we wanted to grow

**"Even my 96-year-old grandmother could tell it was right. We'd go visit her and she'd say, 'Well, I can just tell.' It was just that feeling that you couldn't be without somebody."**

SISSI ROBINSON



▶ Hank and Harriett, this year.

▶ Wedding day, 1961.



▶ Dale and Sissi, who were just married.

## Our happy couples

### MARRIED 50 YEARS

Harriet Fuld, 70, and Hank Fuld, 70, Swedesboro, New Jersey, USA  
Married: June 11, 1961, Brooklyn, New York, U.S.A.

together. I don't think we planned for 50 years or even five years down the road at that point.

#### Why bother with the whole marriage thing? Why not just be together?

Dale: From a guy's perspective, I can connect with that a little bit. I think it's more for the girl: Getting married shows commitment. It's a promise. And if you're gonna be together, why not throw a good party.

Sissi: For me, it's that the tradition of marriage means a lot. Having that

### JUST MARRIED

Sissi Robinson, 29, and Dale Kasel, 29, Houston, Texas, USA  
To be married: January 21, 2011, St Croix

symbolically is more important than just being with somebody.

**Hank and Harriet, did your ideas about marriage hold true over half a century?**  
Harriet: They did hold true. We wanted to be with one another, to raise a family and to help each other grow. I think we fulfilled that.

#### Did you ever worry, with all that growing, that you'd grow apart?

Hank: We've grown together and separately. We encourage each other in pursuits that the other one is not skilled or not in-

terested in.

Harriet: Yeah. Over 50 years, you're going to change a lot. You need a partner who's going to encourage that.

Hank: For example: Harriet has become a professional artist — she's a sculptor. I can't chisel a piece of rock and get a flower or what have you, but I'm interested, and I encourage her.

**Hank and Harriet, what was your most trying time?**  
Harriet: When Hank was first given the opportunity to go overseas for work, it was to Switzerland for five years. So we sold our house and moved to Switzerland with everything we had. I had to learn French, the kids were only in kindergarten and first grade ... it was really very difficult. And then, within six months, Hank was asked to go to

Australia and next thing you know, we're packing up to move there. Years later, on the plane back from Australia, I made Hank sign a written contract that said we would never, ever pack up and move again. I think I still have it.

#### So, that's compromise right there. Do you have any other important rules?

Dale: We turn the TV off when we eat dinner.

Sissi: Yes, and we always sit at the dining table.

Hank: Funny you should say that — we have that rule, too. We like to know what each other has done that day.

Dale: Unless there's a football game on.

Hank: Oh yeah, for a play-off game we make a compromise: TV on, but no sound.



Don't walk this way: Smart phones foster dumb habits among pedestrians.



# Slow-cooked and tender, too

THE CANADIAN PRESS/HO FOODLAND ONTARIO



► This pulled pork sandwich is slow-cooked for six to seven hours.

► This pulled pork sandwich is created by cooking the meat in a tangy sauce on low heat for hours. ► Serve it on an onion bun

Pork slowly cooked in a tangy sauce until it pulls apart is a perfect dish to serve at lunch or dinner.

The long-cook method helps weaken the connective tissue in the meat, which allows the pork to be pulled or easily broken down into small pieces.

#### Preparation:

- 1 Place onions on bottom of slow cooker. Place pork on top. Sprinkle apples over top and down sides.
- 2 Sauce: In a large bowl, mix together chili sauce, mustard, honey, chili powder, tomato paste, Worcestershire sauce, sugar, paprika and garlic; pour over the meat and apples. Cover and cook on low for 6 to 7 hours.
- 3 Remove roast to large plate. Using 2 forks in opposite directions, shred meat along its length. Stir meat back into sauce and serve on buns.

THE CANADIAN PRESS

#### Ingredients:

##### Slow Cooked Pork

- 500 ml (2 cups) thinly sliced onions
- 1.5 kg (3 lb) pork loin roast
- 500 ml (2 cups) chopped, peeled apples
- 8 large onion buns

##### Sauce

- 1 bottle (455 ml) chili sauce
- 75 ml (1/3 cup) each

- grainy mustard and liquid honey
- 30 ml (2 tbsp) chili powder
- 30 ml (2 tbsp) each tomato paste and Worcestershire sauce
- 15 ml (1 tbsp) packed brown sugar
- 5 ml (1 tsp) smoked paprika (or 10 ml/2 tsp regular paprika)
- 2 cloves garlic, minced

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# TOP 10 of 2010

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## YOU VOTED! THE TOP 10 BOOKS OF 2010 ARE:

- 1** The Girl With The Dragon Tattoo  
- Stieg Larsson
- 2** Eat Pray Love  
- Elizabeth Gilbert
- 3** The Girl Who Played With Fire  
- Stieg Larsson
- 4** The Sentimentalists  
- Johanna Skibsrud
- 5** Fall of Giants  
- Ken Follett
- 6** Sh\*t My Dad Says  
- Justin Halpern
- 7** Three Cups of Tea  
- Greg Mortenson
- 8** Life  
- Keith Richards
- 9** Full Dark, No Stars  
- Stephen King
- 10** Dead or Alive  
- Tom Clancy

To see more Top 10's of 2010,  
visit **metronews.ca/top10**

SOURCE: Metro Life Panel Survey, January 2011, 216 respondents

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MONDAY, JANUARY 24, 2011

## Lake Baikal blues

► Pollutants threaten to destroy world's deepest lake



**ALYONA BOBROVICH**

METRO WORLD NEWS

Lake Baikal, the world's oldest and deepest lake, is famous for its pristine, enchantingly blue colour; locals call it the "Pearl" and "Blue Eye" of Siberia.

Yet the serene beauty of the lake is under threat.

A Soviet-era paper plant at its southern tip still pollutes the lake, ecologists say — the source of 96 per cent of the lake's pollutants.

The Baikal Pulp and Paper Mill was built 44 years ago, at the height of Soviet industrialism when "mono-towns," communities built around a single factory, dotted the vast landscape.

But since then, the plant, which transforms wood into rolls of cardboard, has been wreaking havoc upon Baikal's ecosystem, says Andrei Margulev, a coordinator for a union of non-governmental ecological groups.

"Two years ago, they shut down this plant. Then Prime Minister Vladimir Putin had it reopened. To make this plant eco-friendly is simply impossible," the ecologist says.

Environmentalists reckon



► The sign reads, "Keep Baikal clean." Will it be like that in years to come?

on that every year the paper mill dumps millions of cubic meters of industrial waste into Baikal, and the pollution area will increase.

The plant in the town of Baikalsk is not the only culprit.

Located near Baikal's eastern banks, Ulan-Ude, (the capital city of the Russian region of Buryatia), as of 2007 dumped some 37 million cubic metres of wastewater into the river Selenga which runs into the lake.

Last summer, scientists carried out extensive first-time work in the waters near the Baikal Pulp and Paper Mill to measure its effects of life in and around the lake.

"After diving in sub-

mersibles near the plant's drainpipe, we discovered that traces of emissions were visible," Igor Khanaev, a senior biologist at the Limnological Institute in Irkutsk, told Metro.

"We also found that the number of fish and crustaceans was much less than in other locations of the lake."

Scientists say Baikal's cleanliness is due to epishura baikalensis, a species of small crustaceans endemic to the lake, which breaks down natural impurities in the water, whose numbers decrease year by year.

To ignore this situation

could mean that 10 years from now, Lake Baikal will no longer have that enchantingly blue colour.

## ARE BAGS LEAD HEAVY?

**Queen of Green**

**LINDSAY COULTER**

GREEN@METRONWS.CA



Recently in the news, I heard that lead was found in many reusable cloth bags. I'm all for using fewer plastic shopping bags, but how do I know if any of the bags I own contain lead?  
*Pete of Halifax, N.S.*

**H**igh levels of lead have shown up in many reusable totes and grocery bags. To find out if the bags you own contain lead, contact the manufacturer. Some companies have gone so far as to issue recalls.

For example, you can read more about the Sears recall on Health Canada's Consumer Product Safety website at hc-sc.gc.ca.

Health Canada suggests that consumers immediately discontinue use of a particular style of

bag, and Sears Canada is offering a refund to those who return their bags to their nearest Sears department store.

Similarly, Lululemon Athletica is concerned about a few of its bags when it comes to "disposal issues related to the environment due to the ink lead content."

If you've received one of Lululemon's free bags over the past year, you can return it to any store location.

Of course, you're not going to eat the bag, but for your next purchase, ask the retailer if its bags are printed using soy — or vegetable-based inks.

As with lead sometimes found in lipstick and kids' toys, lead makes an appearance in the pigment or paint on reusable bags.

If you have cloth bags without any designs, artwork or logos you should be fine. And don't forget to wash your bags and the produce you put in them.



# You, raise me up, please

► 2.8 per cent is the Conference Board of Canada's forecasted raise for 2011 ► Have you asked for yours yet?



**JON TATTRIE**  
LIFE@METRONEWS.CA

Many Canadians started the new year with a resolution to ask for a raise, so Metro Canada talked to a workplace expert and an award-winning boss about the best strategy for getting a "yes."

Eddie Lemoine, a Halifax-based international speaker specializing in workplace issues, says employees should make an appointment specifically to discuss a raise. Prepare for it by gaining an idea of what others in your field are earning. Timing is important, too.

"If it's private sector, you want to approach people after a profitable quarter," Lemoine said.

"If it's public sector, you don't want to approach

people when there are things in the media about public sector being overpaid, or expense scandals."

Lemoine says the third important factor is to approach your boss after you've enjoyed a period of personal workplace success.

"You should have something good to talk about when you go in," he says.

Be prepared for things to not go according to your plan and don't get that "scared look" on your face if it looks like you won't get the raise you're seeking.

Be confident that you bring value to the table as an employee and your boss should recognize that, he says.

You might get more vacation time or nifty perks like a smartphone.

"Never use an ultimatum," he says. "Even if you get the raise, there will be a level of resentment."

Instead, just be prepared to move on if it's that dire.

Bruce MacLellan is president of Environics Communications, a Toronto-based company named Canada's best place to work in 2010's Great Place to Work Canada survey. He says asking for a raise should be part of a thought-out career plan.

"People need to have figured themselves out enough to know how they are viewed by others, including their bosses, and what are their strengths and weaknesses," he says.

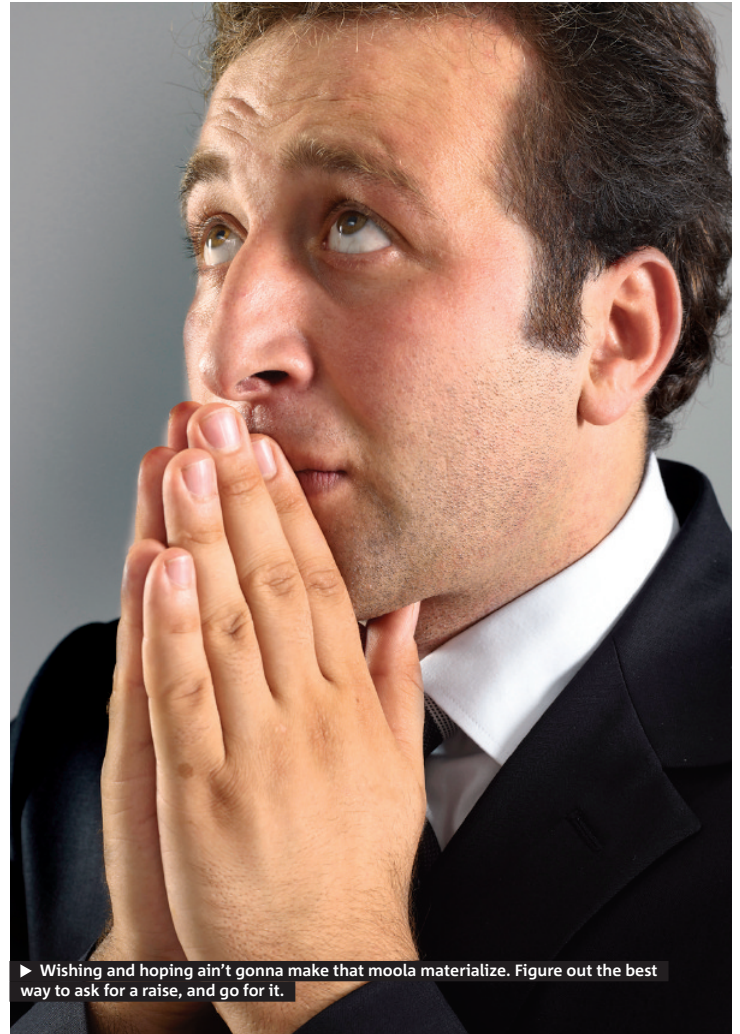
"If you're out of touch with how people perceive you, you're not likely to have a successful request for a salary increase."

He urges people to make sure the request is grounded in the company's priorities, not just your own.

Show how you're doing your job well and thus benefiting the company, and how you will improve your performance in the future.

"Any sense of entitlement is dangerous," he says.

Like Lemoine, MacLellan says employees should be aware of the company's situation. If belts are being tightened, raises might be harder to come by.



► Wishing and hoping ain't gonna make that moola materialize. Figure out the best way to ask for a raise, and go for it.

## Ask around

- It's important to know what your job is generally worth to get the right raise.
- Start by asking colleagues for a ballpark figure on their salaries or asking the human resources department what the job is valued at.
- You can also check out websites like [payscale.com](http://payscale.com).



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# A school of second chances

M. SPENCER GREEN/THE ASSOCIATED PRESS

## ► Beacon in a storm: Wayward students get one more shot on Beaver Island

This school isn't a place you end up by accident.

A small propeller plane flight or a two-hour ferry ride into the northern reaches of Lake Michigan gets you as far as St. James, the northern hub of Beaver Island. But it takes another half-hour by car, down bumpy gravel roads, to get to the south tip of the island and the small cluster of classroom buildings and log cabins, shadowed by the historic lighthouse for which this secluded alternative high school is named.

"What the hell have I gotten myself into?" That's exactly what 18-year-old Katie Daugherty thought as she arrived at the Beaver Island Lighthouse School last September.

She was scared, felt sick to her stomach. She hardly talked to anyone.

It is a common response for newbies, as the students who've already been at the school a semester or

two call the newcomers. All of them are here because they've either dropped out of traditional high school, or are at risk of doing so.

This is, however, no boot camp, no forced existence. These students come to the school by choice, and they decide whether to stay.

For many, it is a last chance to get a diploma, to wipe the slate clean and move beyond past mistakes.

Some are trying to escape family problems or friends who are a bad influence. Some have been kicked out of home. Others, for whatever reason, simply haven't been able to make it in the usual school setting.

Daugherty was living with friends, shifting from place to place, when a youth counsellor came across her case.

Torn up by her parents' divorce, and her father's remarriage, she had dropped out of school just months from graduation. She'd lost confidence, she says, hidden herself from the world - all but given up, really.

But now there was this place, and this chance.

"I wanted to prove to myself that I was worthy of it," Daugherty said, "that I could accomplish some-

thing very big."

Something very big in a very small place, where the surroundings and close living quarters in those log cabins make it impossible for just about anyone to close themselves off for too long. That's the hope, anyway.

This journey far off the beaten path might, indeed, change the course of the lives of the young people who dared to come here.

"But first," says Steve Finch, the school's site supervisor, "they have to trust us."

One of the first people they meet is Finch, a gentle giant of a man who never imagined he'd be here.

A few years back, he was working in sales, travelling the country. Then his own son, who was struggling at school, came here and graduated in 2004. Finch

then spent time working with the school's summer construction camps and came to a realization.

"I figured I could end my life having sold a bunch of stuff, or I could help change some lives," he says. So he quit his sales job and took his current position.

When he arrived, the school had more of a lockdown atmosphere. That caused conflict between the students and Finch's tiny staff, which includes four teachers who live in the cabins with the students.

Finch decided to compromise on some things: He gave the students a bit of free time after meals, and told them that while they had to stay on campus, they didn't have to ask to go to the bathroom or to their cabins.

"It's my belief that if we treat them like derelicts, they're going to act like derelicts," says Finch, who immediately noted a shift in student behaviour.

"It didn't make things perfect, but it eased tension a lot."

So did spelling out the rules. "You need to be where you need to be. You need to do your schoolwork. You need to respect the staff and each other."

THE ASSOCIATED PRESS



► Beaver Island Lighthouse School valedictorian Katie Daugherty participates with fellow students at the school's graduation ceremony.

### Tech? No.

► The students of Beaver Island Lighthouse School aren't allowed to have cell phones, and even if they did, most don't work there, anyway. They have to use a community land line to make occasional calls home. They have computer time, and access to social networking sites and email.

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- 9 Marianas Trench ft Jess Lee - Good To You
- 8 Usher ft Jay Z - Hot Tottie
- 7 Eminem ft Lil Wayne - No Love
- 6 Far East Movement ft Ryan Tedder - Rocketeer
- 5 Chris Brown - Yeah 3x
- 4 Enrique Iglesias ft Ludacris - Tonight
- 3 Diddy-Dirty \$\$ ft Skylar Grey - Coming Home
- 2 The Black Eyed Peas - The Time (Dirty Bit)
- 1 Bruno Mars - Grenade

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## PUT IT IN PRINT

The company began as an idea on a crumpled up cocktail napkin and was born in the basement of a Calgary home. Now Print Audit is a multi-million dollar business with offices in seven countries around the world. It's the brain child of John MacInnes an entrepreneur who caught the business bug early in life.

MacInnes' turning point came when he was 10 years old and was told he couldn't have a raise in his allowance. "Dad showed me there were lots of ways to make money on your own." While his friends enjoyed their summers, John was running small businesses selling used books, washing windows and painting houses.

Fast forward 15 years later to the Christmas party and the crumpled up cocktail napkin. MacInnes took

the idea and started Print Audit, a company that significantly lowers the cost and impact of printing from a computer. "Fortune 500 companies use us ... we're on one million desktops around the world."

A Canadian success story that's good for the environment? John MacInnes' father would be proud.

### MacInnes Musings

- Find mentors and advisors. Save yourself some time by speaking with people who have been there.
- Get a customer. As soon as someone is willing to give you their money you have a company.
- Don't wait for your product to be perfect. Get it to "good enough" and then refine it quickly with advice.



► John MacInnes, President and CEO of Print Audit.



## Rainmen slip up against Stallions

99 89

STALLIONS

RAINMEN

The Halifax Rainmen may have gotten caught looking past the Kentucky Bluegrass Stallions.

The Rainmen, who blew the Stallions out on Jan. 15 at the Metro Centre, couldn't get it going on the road yesterday and lost 99-89 in Premier Basketball League play.

"We tried to make (the players) aware all week, not to sit back, not to think, 'Oh, it's going to be an easy game,'" said assistant coach Jeff Paris. "We tried to make them aware, but I think it did creep in."

The Rainmen, who left forward Eric Crookshank and head coach Les Berry in Halifax as both attended to personal matters, were outscored in every quarter and surrendered a whopping 25 offensive rebounds.

Paris was to-the-point in the cause of the loss: "Intensity and rebounding. Not having Eric here hurt us as a team, but we should have been able to get over that."

Although it was the third-lowest point total in Rainmen history, forward Kavon Jones returned from being benched and tied point guard Taliek Brown with a team-high of 20 points.

"He was our best player," Paris said.

Ex-NBA guard/small forward Kirk Snyder played 10 minutes but didn't score in his Rainmen debut after signing on Saturday. Snyder was convicted of aggravated burglary, felonious assault and assault in April 2009 and was sentenced to three years in prison in May 2010. He is now looking to return to the NBA.

● MATTHEW WUEST



▶ Kavon Jones

# Optimism in short supply

▶ Winless weekend pushes Mooseheads' skid to season-high seven straight



RYAN TAPLIN/METRO

▶ P.E.I. Rocket forward Victor Provencher celebrates a first-period goal against Anthony Terenzio and the Halifax Mooseheads during Saturday night's game at the Metro Centre. The Rocket blasted the Mooseheads 7-2.



MATTHEW WUEST  
@METRONEWS.CA

The Halifax Mooseheads are sick of losing.

"It's brutal," said Mooseheads rookie defenceman Trey Lewis. "You can't play your game when you're always getting these losses. It's hard to stay positive but you've got to battle through it and you've got to keep going."

Things went from bad to worse at the Metro Centre on the weekend, with a hard-fought 5-4 shootout loss to the Victoriaville Ti-

gres on Friday followed by a dispirited 7-2 setback against the P.E.I. Rocket on Saturday.

The Mooseheads, 14-30-1-2, have lost a season-high seven straight games, with opponents slicing through their defence for 45 goals during that stretch — an average of almost 6.5 per game.

Sloppy coverage and mistakes with the puck have made life downright miserable for goaltenders Anthony Terenzio and Frederic Piche, while opponents' star players have

had field days padding their stats.

"We have to really focus in practice on our three-on-threes down low and our zone coverage," Lewis said. "We always just seem to have mental lapses where we're all puck-focused, we leave a guy open and they're capitalizing every time."

The latest slump is perhaps hardest to explain given that the Mooseheads were playing their best hockey of the season before it started. They were on a 4-1-1 run, and won

three straight games in December before the nine-day holiday break.

If Friday's entertaining tilt offered a glimmer of hope, Saturday's blowout loss snuffed it out emphatically.

"We've just got to battle ... I don't know what it is with our team right now, but I think that's what we're lacking: Competitiveness," Lewis said. "We have to bring that to our game. That's what made us successful before Christmas, and that's what we've got to get back to."

## Huskies in a slump

The Saint Mary's Huskies are mired in a three-game losing streak but are still tied for second in the Atlantic University Sport men's hockey standings. The Huskies, 13-7-1, lost a pair of road games on the weekend, 4-1 to the New Brunswick Varsity Reds and 3-2 to the P.E.I. Panthers.

● METRO

AUS BASKETBALL

## Haywood still has hot hand

Joey Haywood is inching closer to Atlantic University Sport men's basketball history after an-

other 46-point outing yesterday.

Although Haywood's Saint Mary Huskies lost 95-81 to the New Brunswick Varsity Reds at the Tower, Haywood

recorded his 408th point of the season and needs just 116 points in his final six games to set the AUS single-season scoring record.

● METRO



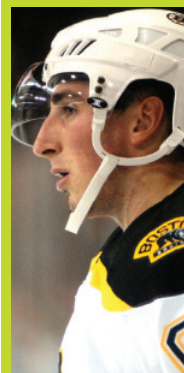
## Marauders on the rise

Ben Clarke scored the winner as the Metro Marauders edged the host Summerside (P.E.I.) Western Capitals 5-4 in Maritime Junior Hockey League play yesterday. Steven Popovic led the way with a goal and an assist as the Marauders improved to 24-16-1-2, two points out of first in their division.

● METRO

4  
sports

Quoted



"I gotta be honest with you, I didn't know if he had that in him — what he's been showing — and I gotta say, I'm glad I'm wrong. I knew he was skilled and I knew he worked, but ... he's earned every bit of it and he deserves it."

He's been unbelievable. Honestly, I've been wrong on many guys, but I was definitely wrong on him and I'm thinking he can take that next step and be an elite player. He's a great kid."

BOSTON BRUINS VETERAN MARK RECCHI ON TEAMMATE BRAD MARCHAND, A HAMMONDS PLAINS NATIVE WHO HAD TWO GOALS AND TWO ASSISTS IN SATURDAY'S WIN OVER THE COLORADO AVALANCHE, LIPPING HIS ROOKIE POINT TOTAL TO 24 IN 44 GAMES.



Scan code for more sports



## Chan on top of Canadian skating

It was both the boldest of statements and the nearest Canada's Patrick Chan has ever come to perfection.

The 20-year-old from Toronto produced the skate of his life yesterday, roaring to his fourth consecutive Canadian men's figure skating title and staking his claim as the man to beat at the world championships in March.

Chan landed two huge quad jumps in a stunning performance to Andrew Lloyd Webber's Phantom of the Opera, earning a whopping 197.07 points for a world-best overall score of 285.85.

"If this was a year ago, he'd be an Olympic champion," gushed four-time world champion Kurt Browning.

Chan, who won two world silver medals before perfecting the quad jump this past off-season, rattled off two picture-perfect quad toe loops to open his program, and by the time he was turning in his final spin, the crowd at the Save-On-Foods Memorial Centre in Victoria, B.C., was on its feet.

"That was the reaction I wanted when I was at the Olympic Games, that's what I dreamed about every time I was going to bed every night before going to the Olympics," said Chan, who was a disappointing fifth last year in Vancouver.

"I finally got it. It wasn't exactly the same situation, but you know what, I'm going to take it and that's going to be one of my most memorable moments for sure, hands down."

Shawn Sawyer of Edmundston, N.B., captured the silver well back with 229.09 points, while Joey Russell of Labrador City, N.L., took bronze with 204.02.

The ice dance title, meanwhile, was decided by the narrowest of margins.

Vanessa Crone and Paul Poirier captured their first national senior ice dance title, scoring 98.41 points for their performance for 164.21 points overall.

Kaitlyn Weaver and Andrew Poje, from Waterloo, Ont., finished barely a point behind them for silver with 163.18, scoring 97.54 with their free dance program. Alexandra Paul and Mitchell Islam of Barrie, Ont., took the bronze with 153.90.

THE CANADIAN PRESS

# The big stage has been set

► Green Bay wins NFC, will make 5th trip to Super Bowl ► Bears rally with third-string QB after losing Cutler, but late interceptions end comeback bid



► Sam Shields of the Green Bay Packers intercepts the game's final pass and runs for 32 yards to seal the 21-14 victory for the Packers against the Chicago Bears in the NFC championship game yesterday.

**21 14**

PACKERS

BEARS

Aaron Rodgers ran for a touchdown and made a saving tackle, B.J. Raji returned an interception for a score and Sam Shields had two interceptions to lead the Green Bay Packers to a 21-14 win over the Chicago Bears in the NFC championship game yesterday.

The victory sends the Packers (13-6) to the Super Bowl in Dallas on Feb. 6 to meet the Pittsburgh Steelers, who beat the New

York Jets 24-19 in the AFC championship last night.

Raji's TD return in the final quarter put the Packers up 21-7. Third-string quarterback Caleb Hanie led two fourth-quarter TD

drives, but Chicago's last chance to tie the game ended in the final minute when Shields came up with his second interception in Packers' territory.

Bears starter Jay Cutler hurt his knee and played only one series in the third quarter. Todd Collins replaced him but was ineffective.

The Packers have now won playoff road games in Philadelphia, Atlanta and Chicago this season.

### It's been a while

The Packers and Bears met only one other time in the post-season, a 33-14 win by Chicago in 1941.

► After splitting two regular-season games — the Packers beat the Bears 10-3 in the finale just to get in — the hype for this matchup overflowed all week.

► Green Bay got into the playoffs as the sixth seed.

## Steelers ground Jets

**24 19**

STEELERS

JETS

The Pittsburgh Steelers found a fitting way to shut down the New York Jets' season.

What started with Hard Knocks ended with hard knocks, too.

For the third time in six seasons, Terrible Towels will twirl at the Super Bowl. The Steelers silenced Rex Ryan's wild bunch with a fumble return for a touchdown and a goal-line stand in a 24-19 victory for the AFC championship yesterday. They will face Green Bay in Dallas in two weeks.

Look out Big D, here comes another Big D — in black and gold, and with an unmatched history of carrying off the Lombardi Trophy.

You can bet that unit led by James Harrison, which shut down the Jets' comeback in the fourth quarter, will test Aaron Rodgers. That overwhelming defence set the tone for most of a frigid night at Heinz Field to end the Jets' stunning post-season run.

Ryan slammed down his headset when Antonio Brown, also a hero last week, caught a pass for a first down that allowed Pittsburgh to hang on and run out the clock.

And the Steelers (14-4) will challenge the Packers' defence with a versatile attack led by running back Rashard Mendenhall and quarterback Ben Roethlisberger.

THE ASSOCIATED PRESS

## Woods falls to No. 3 in rankings

Tiger Woods is not even No. 2 in the golf rankings.

He has dropped to No. 3 after Martin Kaymer won in Abu Dhabi and overtook him for the No. 2 spot. Lee Westwood is No. 1.

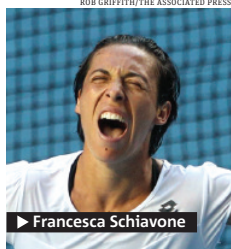
Kaymer had been third overall but advanced by winning the European Tour event by eight strokes in his first tournament this year.

THE ASSOCIATED PRESS

# Schiavone wins an epic contest

**4:19**

The longest previous women's Grand Slam was at the Open last year when Barbora Zahlavova-Strycova beat Regina Kulikova in four hours 19 minutes.



► Francesca Schiavone

One of the players was so exhausted she forgot who was serving. The other kept checking the ticking clock on centre court and thinking to herself, "Brava, Francesca!"

The clock finally stopped at four hours and 44 minutes, when French Open champion Francesca Schiavone of Italy beat Svetlana

Kuznetsova 6-4, 1-6, 16-14 in the fourth round at the Australian Open and set a record for the longest women's Grand Slam match in the Open era.

Exhausted but elated, Schiavone described the match as "fantastic!" She reached her first Australian Open quarter-final in 11 tries.

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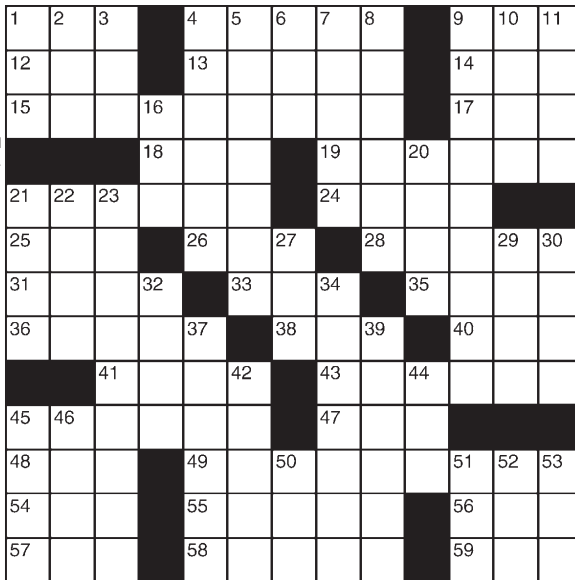
## Crossword

### Across

1 Plead  
4 Agriculturists' venues  
9 Corn on the —  
12 Rage  
13 The Little Mermaid  
14 "The — Daba Hom-  
eymoon"  
15 Maryland metrop-  
olis  
17 Steal from  
18 Bobby of hockey  
fame  
19 Wheeled stretcher  
21 Royal home  
24 Needle case  
25 Swiss canton  
26 Fashion mono-  
gram  
28 Homes for bees  
31 Transmit  
33 Scottish cap  
35 "—, Nanette"  
36 Nonbeliever  
38 Dallas basket-  
baller, for short  
40 Edge  
41 P.C. of wordplay  
43 Ebb  
45 Go against  
47 Judge Lance  
48 Cow's comment  
49 Navy rank  
54 Blunder  
55 Sun-dried brick  
56 Fresh  
57 Born  
58 McEntire an-  
dothers  
59 Adam's mate

### Down

1 Clothes protector

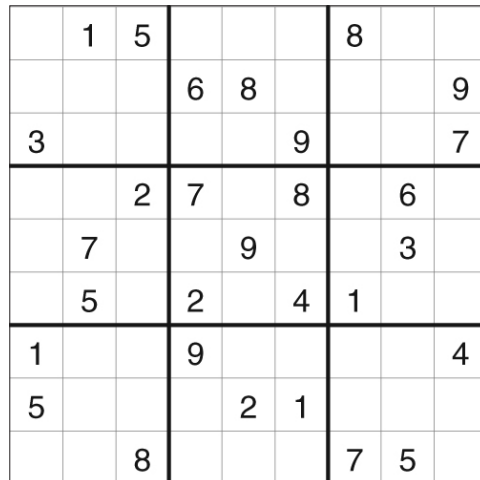


2 Historic period  
3 Hair goop  
4 Without bias  
5 Recliner part  
6 — de Janeiro  
7 Come together  
8 Detective  
9 Meat-eater  
10 Reed instrument  
11 Infant  
16 Youngster  
20 Destroy  
21 Turning point  
22 Vicinity  
23 Asian city-state  
27 Felon's flight  
29 Oklahoma city  
30 Not all  
32 Soap actress Linda  
34 Xylophone's cousin  
37 Dale Earnhardt's  
org.  
39 Kills bills  
42 Crystal-lined rock  
44 Massachusetts  
cape  
45 Portent  
46 Skin opening  
50 Crowd  
51 Individual  
52 Gun the engine  
53 Ram's partner

### ► Yesterday's answer



## Sudoku



### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### ► Yesterday's answer

7	2	8	1	3	9	6	4	5
4	1	5	6	8	7	2	3	9
6	9	3	2	4	5	1	7	8
3	8	6	7	1	2	5	9	4
9	4	2	8	5	6	3	1	7
1	5	7	4	9	3	8	2	6
2	7	1	9	6	8	4	5	3
5	6	9	3	2	4	7	8	1
8	3	4	5	7	1	9	6	2

## Send a KISS

Show some love! Send a note to somebody special at [kiss@metronews.ca](mailto:kiss@metronews.ca)

*Nikolina, Happy birthday! You've been festering on my mind since the day that we first met. I can't wait for the day that I make you Mrs. Jero. SO MUCH love, FORN*

*Sweetheart, You are my world, my everything. We share such love and passion that you don't see every day. You are my true love, and I will love you forever...xoxo YOUR BABYGIRL*

*Happy Birthday Big Daddy Thanks for being such a great friend. Hope your glass is never empty and your texting fingers never soar. Thanks for everything cheers from your 5.5*

*Dominique H, Congratulations on your new born baby girl. She's a lucky little girl who's got an amazing mom! If she's anything like her mommy she'll be a great friend and human being. Congrats!*

## Today's horoscope

**♈ Aries** March 21-April 20 It's not like you to worry about things you cannot control, so why start now? Even if the worst does happen today it won't be anywhere near as bad as you fear.

**♉ Taurus** April 21-May 21 You seem unable to make up your mind whether to go all out to achieve your ambitions in the world at large or to give up on them altogether and just take life as it comes.

**♊ Gemini** May 22-June 21 Focus only on happy thoughts today and make sure that you avoid people whose negative attitude could spoil the mood. If they want to be miserable that's up to them, but you don't have to give misery company.

**♋ Cancer** June 22-July 22 Something you fear, no doubt irrationally, is about to make a reappearance in your life, but that's good news because it will compel you to deal with the source of your fear once and for all.

**♌ Leo** July 23-Aug. 23 You need to take a more even-handed approach to partnership issues. Not even a go-getting, livewire Leo can do it all on your own.

**♍ Virgo** Aug. 24-Sept. 22 The cult of new is not always good. Sometimes the old way of doing things is best and because you have never been one to slavishly follow fashion you will, most likely, avoid the mistakes that others make today.

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**♎ Libra** Sept. 23-Oct. 23 If you take too negative a view of other people's motives today you could miss out on something worth having. Nothing will go wrong so long as you have the courage to take a few risks.

**♏ Scorpio** Oct. 24-Nov. 22 You may be tempted to say something negative to a friend today but you are advised against it. Even if what you say is true you won't get any thanks for it.

**♐ Sagittarius** Nov. 23-Dec. 21 Sometimes even a Sagittarius has to sit back and wait for things to happen and that is very much the message of the stars for you right now. Be patient.

**♑ Capricorn** Dec. 22-Jan. 20 If you are feeling a bit tongue-tied maybe you should take it as a sign that this is not the right time to speak up. If you say too much today you may have to unsay it again tomorrow.

**♒ Aquarius** Jan. 21-Feb. 18 If you want to get the most out of the next 24 hours you must limit yourself to doing only those things that are truly important. Don't get distracted from your number one aim.

**♓ Pisces** Feb. 19-March 20 The more others criticize you the more determined you will be to carry on with what you are doing. You may be a sensitive soul but deep down you have a core of steel.

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## Caption contest



"I knew those gymnastics lessons would come in handy!"  
SHERRILL

RAJESH KUMAR SINGH/THE ASSOCIATED PRESS

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ETC 139

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**DARTMOUTH  
HYUNDAI**

**60 BAKER DRIVE, UNIT - D  
465-7500  
oreganshyundai.com**

\*Plus freight, PDI, taxes and fees. See O'Regan's Dartmouth Hyundai for details.